

SCHEDULE 3

Nutrient standards for school meals

3. The average school meal must provide—
- (a) an amount of energy which shall be either the figure shown in Table A or within 10% of that figure;
 - (b) no more than the amounts of fat, saturated fat, non milk extrinsic sugars and sodium shown in Table A; and
 - (c) as a minimum the amounts of all other nutrients shown in Table A.

Table A

<i>Nutrient</i>	<i>Minimum or maximum value</i>	<i>School meal provided to primary school pupils</i>	<i>School meal provided to secondary school pupils</i>
Energy			
(kilo calories)		557	664
(kilojoules)		(2328)	(2776)
Total fat (grams)	Max	21.7	25.8
Saturated fat (grams)	Max	6.8	8.1
Total carbohydrate (grams)	Min	74.3	88.5
Non milk extrinsic sugars (grams)	Max	16.3	19.5
Fibre (grams)	Min	4.5	5.3
Protein (grams)	Min	8.5	13.6
Iron (milligrams)	Min	3	4.4
Calcium (milligrams)	Min	165	300
Vitamin A (micrograms)	Min	150	187
Vitamin C (milligrams)	Min	9	11.0
Folate (micrograms)	Min	45	60
Sodium (milligrams)	Max	745	894
Zinc (milligrams)	Min	2.1	2.8

Draft Legislation: This is a draft item of legislation. This draft has since been made as a Scottish Statutory Instrument: *The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 No. 265*

Table B

<i>Nutrient</i>	<i>Minimum or maximum value</i>	<i>School meal provided to primary school pupils</i>	<i>School meal provided to secondary school pupils</i>
Sodium (milligrams)	Max	686	824